

Lesson name	Core lesson aims
Dealing with change	● To discuss why change can be positive ● To give strategies to handle change
Revision strategies	● To work through recommended revision strategies
Beat stress this year	● To refresh the understanding of what human social needs are ● To explore how these needs help us handle stress
What is normal	● To review learning about body image ● To explore where ideas of normal come from
Cancer prevention	● To recognise the signs of breast and testicular cancer
Game of risk	● To understand the different types of risk that we face ● To understand taking risks have consequences and risk can be positive ● To develop strategies for dealing with risks independently
Alcohol	● To review previous learning about alcohol ● To explore why it is difficult to assess what is a healthy level of drinking ● To remind of the risks and effects on others of drinking.
Substances	● To review what you have covered about drugs in previous years ● To explore the risks of using different substances
County lines	● To recap previous learning about County Lines ● To review key areas of knowledge about how county lines can work
Peer on peer abuse	● To review what you can remember about cyberbullying ● To consider and evaluate strategies to help handle cyberbullying.
Sexual harassment	● To define what sexual harassment is

	● To understand the consequences for sexual harassment
Starting a sexual relationship	● To be reminded of the law around sex ● To consider reasons why people start sexual relationships ● To explore your own thoughts and feelings surrounding relationships, the risks and when is the right time
Consent and coercive control	● To review knowledge of consent ● To understand what coercive control is and to recognise when it happens
Pornography	● To review what you currently know about pornography ● To remind you of some key legal messages about pornography
My personality my career	● To explore what your personality type is to see what career works for you
Work experience preparation	● To understand how work experience placements work
Challenging career stereotypes	● To explore different types of careers and the stereotypes around them ● To challenge those stereotypes
Work experience debrief	● To review students work experiences ● To go through the benefits of trying to get more work experience